

Risk Factor Analysis

Blood Pressure

A total of 206 participants (24.4%) have high blood pressure. Blood pressure can be lowered through increased physical activity, weight loss, smoking cessation, stress reduction, and a variety of dietary interventions, including: salt restriction, reduced fat intake, reduced alcohol intake, reduced caffeine intake, increased fiber intake, and increased fruit and vegetable intake. Of the individuals identified with high blood pressure, 133 (64.6%) are not taking any medication. These individuals are excellent candidates for a targeted intervention to reduce their blood pressure through influencing the aforementioned risks and/or encouraging medication. From the results of your screenings, we estimate that high blood pressure results in excess health care spending for Vermont Automobile Dealers Association in the amount of \$30,487 every year, and annual disability, absenteeism, and presenteeism expenses in the amount of \$762,200.

Blood pressure results for Vermont Automobile Dealers Association

Test	Interpretation	Range	VADA #	VADA %	VADA %	VADA %	U.S.%
			2006	2005	2006	% Change	
Blood pressure	Normal	<120/80	265	24.4%	31.4%	28.4%	
	Pre-hypertension	120-139/80-89	374	36.0%	44.3%	22.9%	
	Stage 1 hypertension	140-159/90-99	163	30.2%	19.3%	-36.2%	
	Stage 2 hypertension	>160/100	43	9.5%	5.1%	-46.6%	
	Total hypertension	>140/90	206	39.7%	24.4%	-38.7%	25.5%

High blood pressure is a risk factor for:

- Heart disease
- Stroke
- Kidney disease
- Diabetes

Recommended interventions:

- Exercise motivation program (such as pedometer program)
- Weight loss programs
- Diet awareness programs such as a newsletter
- Smoking cessation programs
- Stress reduction programs
- Encourage behavior change via targeted interventions to high risk employees
- Naturopathic referral program

